Adventist Health’s Mission
Living God’s love by inspiring health, wholeness and hope.

YMCA’s Mission
We’re for youth development, healthy living and social responsibility.

ORTHOPEDIC CARE

Benefits of Physical Prehabilitation

For a stronger, shorter recovery from surgery
Surgery can be intimidating. Let our program prepare you with a customized set of core strengthening exercises.

What is prehabilitation?

• Physical prehabilitation (pre-hab) refers to improving an individual’s functional capacity through structured physical activity before an anticipated surgical procedure. If an individual achieves a higher level of functional ability before a procedure, they will rebound more rapidly in the rehabilitation process following the procedure.

• Pre-hab is the process of enhancing the functional capacity of the individual to prepare them to withstand the challenges associated with the surgical procedure and pave the way for a successful recovery.

• Pre-hab will incorporate an exercise program that provides specific exercises and activities that will facilitate recovery that is on-target with your surgeon’s recommendations.

Practice makes perfect

We’ll help you to learn the necessary exercises you’ll need before your surgery.

Strength for a shorter recovery

We also can help you get into the right shape before your procedure, whether that means increasing your upper body strength so you can operate a walker after surgery, or achieving a weight-loss goal. Good conditioning before surgery can mean fewer complications and a shorter recovery time.

In partnership with the Simi Valley Family YMCA, AHSV offers patients a prehabilitation program to prepare you for surgery:

• Convenient location at the Simi Valley Family YMCA 3200 Cochran St, Simi Valley, CA 93065.

• Upper body strength conditioning (to prepare for walker ambulation post-op).

• Gym and pool use*.

• Set list of printed core exercises for customized pre-hab.

• Available trainers for questions.

• Dressing room lockers and showers, walker accessible.

• Open 7 days a week, morning and evening hours.

• Adventist Health Simi Valley will pay a portion of the patient’s membership for a maximum of 8 weeks prior to their surgery.

• If you would like to continue your use of the YMCA facilities after the initial eight weeks of the prehab program, you may do so at a discounted rate arranged through the YMCA.

The best outcomes from surgery are achieved when you are well prepared, before surgery.

Preparation for surgery, including knowing what to expect after surgery, helps guide your recovery to the best possible outcome.

The staff will help you prepare by being available to answer your questions and instruct you on the proper use of equipment.

Bring in your physician’s letter with you to the YMCA to get started.

For questions, please call 805-955-6233.

* Please avoid pool use after your surgery until released by your doctor.
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Adventist Health Simi Valley
2975 N. Sycamore Drive
Simi Valley, CA 93065
ph 805-955-6000
AdventistHealthSimiValley.org

Simi Valley Family YMCA
3200 Cochran Street
Simi Valley, CA 93065
ph 805-583-5338
Monday–Thursday 5:30 a.m.–10:00 p.m.
Friday 5:30 a.m.–9:00 p.m.
Saturday 6:00 a.m.–5:00 p.m.
Sunday 9:00 a.m.–4:00 p.m.
Pools close 30 minutes prior to facility closing.